

# Tips for Boosting Your Energy



# Why are you here today?

- We all take steps to perform at our best, every day
- This takes a multi-stepped approach, of which nutrition is one part:
  - Healthy Eating
  - Exercise
  - Sleep
  - Stress Reduction
  - Health Education

# Eat to energize yourself tips

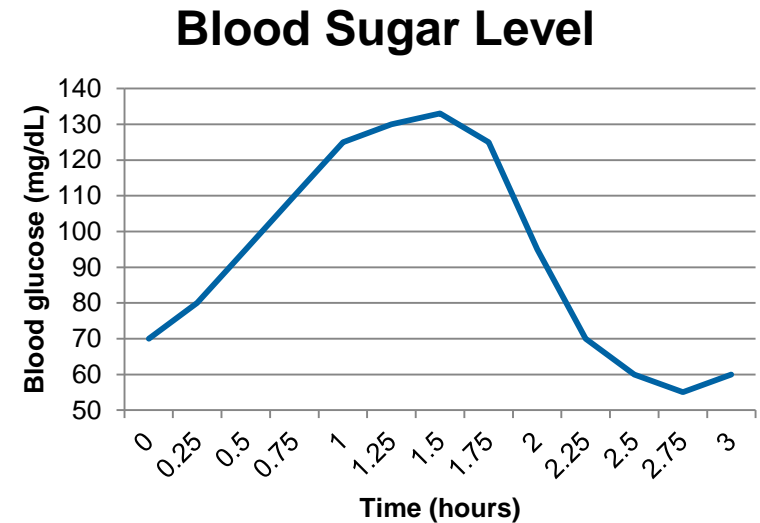
- Number one rule: Eat Breakfast... and don't skip meals
- Eat every 3 to 4 hours- keeps your blood sugar and energy levels stable
- Add in more fiber! Fiber gives you energy staying power... Raisin bran, beans, green veggies
- Omega 3's – keep your brain cells healthy and keep you feeling mentally alert... salmon, walnuts, canola oil
- Drink Water!!! Lots of it!
- Limit caffeine and alcohol
- Eat more foods high in energy-boosting vitamins and minerals... examples: magnesium, iron, B-vitamins

# Food is fuel

- Our body uses food (carbohydrates, protein, fat) for energy by turning it into a form that we can use, mainly into glucose (a simple carb)
- Carbohydrates are our main nutrient source, about 45-65% of our caloric intake

**BUT**

- Sugars (a subset of carbs) are converted very rapidly, and a short time after the “peak”, blood glucose drops rapidly



# Food is fuel

- Sugars are one subset of carbohydrates, but there are others....
  - Example: on a label, fiber is also listed
  - Fiber is a general term for any complex carbohydrate that your body cannot make into glucose. This is why it slows/regulates your digestion. Additionally, many times, sugar + fiber  $\neq$  total carb, which means that there are other types of carbohydrate in that food!

# Benefits of healthy eating

- Feel better!
  - More energy
  - Better sleep
  - Decreased joint pain
  - Less stomach discomfort
  - Decreased headaches
  - Fewer sick days
  - Better brain function- clearer thinking
  - Balances neurotransmitters- deal with stress better



# From now on....

- Get more sleep: 6-8 hours
- Eat greens- dark pigments are usually associated with nutrient content
- Eat a variety of colors!!!
- Add new foods
- Don't drink caffeine
- Don't drink sugared sodas... the #1 source of extra calories, **all** of which are empty ones
- Watch portions
- Know foods
- Don't skip breakfast

# Best Foods

Peppers



Avocado



Cucumber



Pumpkin Seeds



Dark Chocolate



Carrots



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Strawberries



Blueberries



Figs



Celery





# Yummy Foods

Watermelon



Coconut



Apples



Lemons



Oatmeal



Bananas



Pineapple

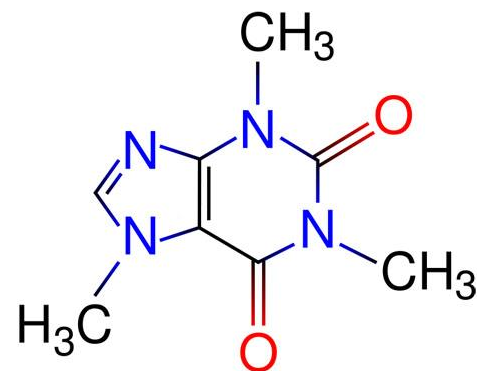


# Have “power snacks”

- These snacks should include: protein, a little fat and some fiber
  - peanut butter or almond butter on a whole wheat cracker or Greek yogurt with 1 handful of nuts
  - Cashews, Almonds, and Hazelnuts- rich in protein and high in magnesium (converts sugar into energy)

# Fun Facts- Caffeine

- 2004- John's Hopkins reports that caffeine is addictive
- 2005- New Scientist reports that 90% of North Americans use some form of caffeine as a stimulant ("pick-me-up")
- 2010- University of Nebraska Medical Center study shows that 75% of children under 18 use caffeine

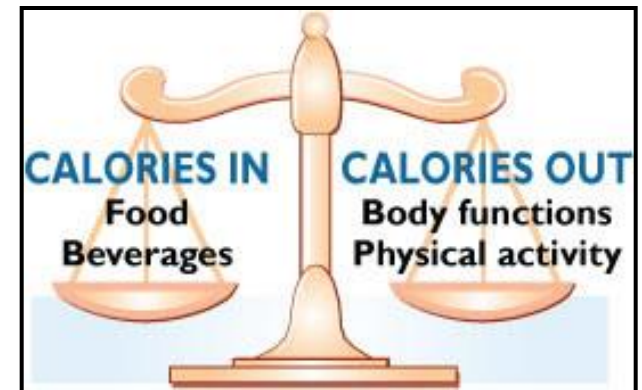


# Calories

- Calories are a measure of energy
  - 1 food calorie = the energy it takes to heat 1 kilogram of water 1°F
  - 2000 calories can boil 20kg of water
- How many do you need?
  - Differs between men and women
  - For 150lb person, that is 1710 breaking down to: 45-65% carb, 10-35% protein, and 20-35% fat

# One Pound of Fat is Equal to 3,500 Calories

- Just 250 fewer calories consumed each day
  - 26 pounds lost in one year!
- Add 250 calories burned through exercise
  - 1 pound lost each week!
- Calories in < Calories Out = weight loss!
- Eat less < Move More!



# Exercise

- Two big reasons why we don't exercise- lack of time and perception of not having the needed effect
- For someone on a 2000cal/day diet:
  - Basal Metabolic Rate = 1688 (what you'd burn if you slept the whole day)
  - Non-Exercise Assoc. Thermogenesis: 100-200 (energy used in doing our jobs, errands, walking around the office, etc)
  - That leaves us with about 100 extra calories to burn to even out, and 200-300 if we want to lose about 1.5lb/month

# Mind Body Connection

- Exercise and eating right are proven to be the #1 common link for prevention of most ailments, illnesses and disease!
- Healthy foods give you energy & strength for exercise!

# Meal planning ideas

- Carbohydrates, protein and healthy fat
  - Breakfast: Oatmeal made with skim milk, berries & walnuts
  - Lunch: Turkey sandwich with avocado & spinach on whole wheat wrap
  - Dinner: Shrimp Stir Fry with brown rice & veggies
- Breakfast: whole grain toast with almond butter, bananas and cinnamon
- Lunch: green salad with a hard boiled egg, sunflower seeds and dried cranberries
- Dinner: rotisserie chicken with quinoa salad and steamed broccoli



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